

**THE EMBODIMENTS OF THE INVENTION IN WHICH AN EXCLUSIVE  
PROPERTY OR PRIVILEGE IS CLAIMED ARE DEFINED AS FOLLOWS:-/WHAT  
I/WE CLAIM AS MY/OUR INVENTION:-**

1. A device for exercising the Kegel muscle of a female, the device comprising:  
  
a first rounded end for insertion into the female's vaginal cavity;  
a second rounded end for insertion into the female's anal cavity;  
an S-shaped intermediate portion connecting the first rounded end to the second rounded end such that the ends and the intermediate portion lie in a plane and are spaced from each other such that the second rounded end may be inserted into the anal cavity once the first rounded end has been inserted into the vaginal cavity; and  
a fulcrum of the S-shaped intermediate portion for bearing against the front wall and back wall of the Kegel muscle.
2. The device of claim 1 wherein the fulcrum is positioned proximate to the second rounded end.
3. The device of claim 2 wherein an arc of the S-shaped intermediate portion is positioned proximate to the first rounded end.
4. The device of claim 1 wherein the first rounded end is of spherical shape.
5. The device of claim 1 wherein the second rounded end is of spherical shape.
6. The device of claim 5 wherein the second rounded end extends progressively in tapered fashion to the S-shaped intermediate portion.
7. The device of claim 1 wherein the first rounded end is a first sphere and the second rounded end is a second sphere.

8. The device of claim 7 wherein the first sphere has a diameter smaller than the diameter of the second sphere.
9. The device of claim 1 wherein the device has a mass balanced evenly about the fulcrum.
10. The device of claim 1 wherein the S-shaped intermediate portion is of circular cross-section.
11. The device of claim 8 wherein the first sphere has a diameter of  $\frac{5}{8}$  of an inch.
12. The device of claim 8 wherein the second sphere has a diameter of 1.1 inches.
13. The device of claim 9 wherein the S-shaped intermediate portion is tapered from its attachment to the second rounded end to its attachment to the first rounded end.
14. The device of claim 1 wherein the distance from the first rounded end to the second rounded end is 3.4 inches.
15. The device of claim 1 comprised of surgical steel.
16. A device for exercising the Kegel muscle of a female, the device comprising:
  - a first sphere for insertion into the female's vaginal cavity;
  - a second larger sphere for insertion into the female's anal cavity once the first sphere has been inserted into the vaginal cavity;
  - an S-shaped intermediate portion connecting the first sphere to the second sphere such that the spheres and the S-shaped intermediate portion lie in a plane and are spaced from each other such that the second rounded end may be inserted

into the anal cavity once the first rounded end has been inserted into the vaginal cavity;

an arc of the S-shaped intermediate portion proximate to the first sphere; and  
a fulcrum of the S-shaped intermediate portion proximate to the second sphere such that the fulcrum bears against the front wall and the back wall of the Kegel muscle and upward pressure upon the second sphere forces the first sphere downward.

17. A method for exercising the Kegel muscle of a female comprising:

inserting a first rounded end of a device into the female's vaginal cavity;

inserting a second rounded end of the device into the female's anal cavity such that an intermediate portion of the device bears against the front wall and the back wall of the Kegel muscle; and

contracting the sphincter muscle so as to draw the second rounded end further into the anal cavity and thereby press the first rounded end against the pubic bone.

18. The method of claim 14 wherein the first rounded end of the device rests upon the anterior vaginal wall above the pubic bone when inserted.